

A BATTLE PLAN TO QUIT CIGARETTES.

**TAKE YOUR
FIRST STEPS
TOWARD VICTORY
OVER TOBACCO.**

Your military training taught you the importance of planning and teamwork.

Quitting cigarettes is no different.

Combine support and medication like the nicotine patch, and you're three times more likely to quit for good than if you tried to go cold turkey.

PLAN OF ATTACK

GET YOUR TEAM IN PLACE

- Tell friends and family that you're quitting. Ask for their support.
- Call **1-800-Try-To-Stop** (1-800-879-8678). Talk to a quit counselor. Make a quit plan. Get ongoing support. Find out if the **Free Nicotine Patch Program** is right for you.

GET ARMED WITH FACTS

- Learn how support AND medication, including the nicotine patch, can triple your chances of quitting for good.
- Bust the myths about the nicotine patch. The patch does **not** cause anxiety, cravings or weight gain. When **used properly**, medicines like the **patch** can make it easier to quit.
- Learn about the many new quit-smoking medicines now available. If one way of quitting hasn't worked for you in the past, give something else a try.
- Go to **www.makesmokinghistory.org/veterans** for special information to help veterans quit smoking.

GET MENTALLY PREPARED

- Set a quit date. The day before, get rid of cigarettes and lighters.
- Create smoke-free zones, like your home and car.
- When you want a cigarette, take a walk, take a deep breath. Take a moment. It will pass.
- Every time you try to quit, you learn something, which makes you better prepared to quit for good.

**FIGHT4YOURLIFE.
QUIT NOW.**



Massachusetts veterans and their families are eligible. Some medical restrictions apply.